

	Nat. Rec. Trails	Length in Miles	Level of Difficulty	Share Trail With	Universal Access	Developed Parking	
NEW CASTLE RANGER DISTRICT							
Fenwick mines		1	E	H	•	yes	An accessible trail through wetlands, open forests, and foundations of old mining structures.
Hoop Hole / Iron Ore	•	*	M-D	H		yes	* 5-mile or 9-mile loop. Stream crossing. Two accesses - one is Roaring Run.
Patterson Mountain		16	M	V*		yes	* Dirt bikes and four-wheel ATVs only, vault toilet.
Roaring Run		0.75	E	H		yes	Roaring Run Falls, pre-Civil War iron-ore furnace.
Dragon's Tooth		2.6	D	H		yes	Interesting rock formations with excellent views.
JAMES RIVER RANGER DISTRICT							
Allegheny		12	M-D	R/H/B		yes	Crosses and follows the Eastern Continental Divide in the rugged Allegheny Mountains of VA and WV.
Fore Mountain		14.8	M-D	R/H/B		yes	At Allegheny/Bath county line, becomes the Middle Mountain Trail and continues north another 5.5 miles.
North Mountain		8.6	M-D	R/H/B		yes	Begins near Longdale Recreation Area and winds its way up the crest of North Mountain.
Dry Run		9	M-D	R/H/B		yes	Vistas and wildlife viewing near Big Knob, the highest point in Allegheny County
WARM SPRINGS RANGER DISTRICT							
Grouse Point Loop		1.8	M	H		yes	Leads to two outstanding views of Lake Moomaw.
Greenwood Point		4.4	M	H		yes	Connects with Greenwood Point Campground; offers views of Lake Moomaw; hikers only on this trail
Hidden Valley		5.7	E	R/H/B		yes	Streamside vegetation, rock-ledge formations, a swinging bridge, view along Jackson River
Jackson River Gorge		2.3	E	R/H		yes	Joins Hidden Valley Trail at the swinging bridge and makes an excellent circuit loop.
Muddy Run		1.1	E	H/B		yes	Opportunities to see white-tail deer while traveling along a mountain stream.
Beard's Mountain		7	M-D	H		yes	Crosses swinging bridge across Cowpasture River, winds up Beard's Mountain.
GLENWOOD RANGER DISTRICT							
Balcony Falls		4.1	M	H		yes	Begins at Locher Tract near James River. Part is in James River Face Wilderness.
Belfast Trail		2.8	M-D	H		yes	At 1 1/2 miles, pass Devil's Marbleyard, an 8-acre boulder field. Intersects Bunter Ridge Trail.
Cornelius Creek	•	2.9	M-D	H		yes	Combine with Apple Orchard Trail for loop.
Apple Orchard Falls	•	0.5-2.2	M-D	H		yes	Several trails to 200-foot Apple Orchard Falls.
PEDLAR RANGER DISTRICT							
South Pedlar ATV System		25	E-M	V/B/H		fee	Looping 19-mile network designed for the recreational all-terrain-vehicle rider.
Crabtree Falls		3	M-D	H		yes	Four falls overlooks; 1.7 miles to top vista of the Tye River Valley.
Hotel		7	M	H		yes	Winds along Little Cover Creek and intersects with the AT at Cow Camp Gap; Mt. Pleasant NSA.
Henry Lanum Loop		5	M	H/B		yes	Winds to the top of Pompey Mountain, elev. 4,032 ft. Views of the Blue Ridge; Mt. Pleasant NSA.
Mau-Har		2.8	D	H		no	Connects the Appalachian Trail above Harper's creek Shelter with the AT at Maupin Fields Shelter.
Mills Creek		7	M-D	H/R/B		no	Winds through several logged areas and climbs out on Big levels near Bald Mountain overlook.
Kennedy Ridge		3.2	D	H/B		no	A scenic trail that follows a ridgetop with views of the valley below.
Whetstone Ridge		11	M-D	H/B		yes	Scenic views, trailhead parking at each end, restaurant at Parkway trailhead.
DEERFIELD RANGER DISTRICT							
Shenandoah Mountain		23.7	E-D	R/H/B		yes	Remote, backcountry trail that winds through the ridges of the Shenandoah Mountain range.
Augusta Springs Wetlands		0.6	E-D	H	•	yes	Fully accessible loop trail through meadows, forest and wetlands.
North Mountain		14.5	D	H		yes	Passes just below Elliott Knob, the highest point in the George Washington National Forest.
Cold Springs		2.2	M-D	H		yes	Descends steeply from North Mountain Trail near Elliott Knob. Follows fire tower route.

|H=hikers, B=mountain bikes, V=motorized vehicles, R=horseback riders, E=easy, M=moderate, D=difficult

		Length in Miles	Level of Difficulty	Share Trail With	Horse Camps	Developed Parking	
NEW CASTLE RANGER DISTRICT							
Ferrier / Lick Branch		8	M	H/B	no	yes	Small parking area at end of Forest Service Road 5026
Lipes Branch		2	M	H/B	yes	yes	Barbour's Creek Wilderness. The Pines Horse Camp
Price Mountain		4.2	D	H/B	no	yes	Loop trail, small parking area with primitive camping at end of Price Mountain Road
WARM SPRINGS RANGER DISTRICT							
Poor Farm/Hidden Valley Area		10	M	H/B	no	limited	Fords the Jackson River. Follows old closed roads, which form a loop at either end.
Laurel Fork		20	M	H/B	no	no	Fords Laurel Fork Creek several time. Follows old railroad grades

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